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Award-winning journalist's memoir of hope amid tumult *NYT opinion writer tells of her family's journey from chaos to grace*

In her debut memoir, "Saving Ellen: A Memoir of Hope and Recovery" (Skyhorse Publishing, April 1, 2025), journalist Maura Casey crafts a vivid and poignant narrative of a working-class family's resilience in the face of a terminal diagnosis.

Financial privation and her father's drunken scenes formed the backdrop to Casey's childhood, but her sister Ellen's years-long struggle with kidney disease consumed her whole family. Determined to see Ellen live to adulthood, her mother fought medical advice to donate a kidney at a time when organ transplants were medical miracles. She concealed the true impact of that decision, which would affect their large Irish family for years to come.

Set in Buffalo amidst the tumult of the 1960s and 70s, "Saving Ellen" traces the author's recovery from alcoholism and sexual assault and tells of her irrepressible older sister Ellen, who fought to claim her dream of becoming an athlete; her smart, feminist mother, whose World War II Army service prepared her to manage her own platoon of six children; and her adulterous, alcoholic father who, at the end, was haunted by his shortcomings and regrets. Despite hard truths, "Saving Ellen" is ultimately a story of humor at unexpected moments as well as the grace of reconciliation and gratitude.

About the author

Maura Casey grew up in an Irish-American family in Buffalo, New York, the youngest of six children. For more than 30 years, Casey was an opinion writer for three New England newspapers and The New York Times, where she had a seat on the exalted Times editorial board. Over the course of her career, Casey won 45 state, regional and national awards for her writing. She and her husband Pete have two adult children and two grandchildren. They live on a small Connecticut farm with their two dogs and a barn cat. Casey writes a weekly column, Casey's Catch, (<https://maurac.substack.com>), and when the breeze is right, she coasts on Long Island Sound in her sailboat, Second Wind. "Saving Ellen" (Skyhorse Publishing, April 1, 2025) is her first book. Find out more about her at www.caseyink.com.

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